

EVENINGS WITH RUMSON RESIDENTS

About the Program

This is a new group sponsored by Rumson Recreation that is committed to providing workshops, seminars and informative lectures to the community. The topics covered will encourage the exchange of ideas, exposure to new concepts and will serve as a great way to try something new.

The classes/seminars will be held at Bingham Hall, The Callman Courtroom, and the municipal park.

1) Kristin Gould: Hatha Yoga

Open to all levels ages 16 and up. Instructed by Kristin Gould. The classes will focus on basic physical yoga involving body postures, breath awareness and meditation. In lieu of a fee Kristin will accept a donation to her foundation Cool Kids Yoga bringing yoga classes to children of all ages and abilities in schools and to those unable to pay for classes. Bring a yoga mat if you have one.

Date: Mondays- First Session: September 13 - October 11th

Second Session: November 1 - November 29

Location Bingham Hall for the 9/13, 9/20 and 9/27 Classes

***Please note starting October 4th the Yoga classes will be held at the Junior League Building on Center Street in Rumson.

Time: 8:00 P.M.

Cost: \$75.00 donation to Cool Kids Yoga

2) Ann Rossbach: College Prep – for Both the Parent and the Student

Alex Marx: The Student Athlete and College Admissions

Ann Rossbach and Alex Marx will make a 45-minute presentation on the intricacies of the college search and application process for students and for the high school athlete. During this interactive discussion, they will provide insight into the specifics of standardized testing, making the most of a college visit and establishing relationships with coaches, the NCAA guidelines, the subtleties of the common application, and aid. There will be ample time for questions following the presentation. Students as well as parents are welcome.

Ann is an educator and student advocate. She has had her own educational consulting business for five years and is a professional member of the Independent Educational Consultants Association and the NJ Association of College Admissions Counselors.

Alex has been a teacher, house parent and coach at several New England boarding schools. He is currently associated with United Lacrosse and is a local coach. His company, 5th Quarter Athletic Consulting, offers services to college and boarding school student-athlete.

Date: Monday October 11, 2010

Time: 7:30 P.M.
Location: Bingham Hall
Cost: \$15.00

3) **Avery Brighton: Photography Basics**

Have you ever wanted to take better images of your kids, or when you travel? Wouldn't it be great to decorate your home with your own images from your travels, instead of someone else's? Ever thought you captured a special moment with your camera, only to find out later, it isn't at all what you saw with your eyes? I think everyone has felt this way.

How do I work this camera? How do I get the background blurry so my subject POPS out of the image? How can I create an image how I WANT IT, rather than how my camera automatically chooses? How can I create great pictures that interesting to look at and not just "snapshots?" There are tricks to know and once you learn them they will help you shoot anything you like and bring your vision to life. Don't be scared of your camera!

This class is centered on the basics that will help you become a better photographer. I want you to leave this class feeling confident, that you have the tools to take better pictures. We will cover the basics so that you feel comfortable working with your camera, comfortable shooting in various lighting situations, and knowledge of the different compositional elements that make a picture great!

What we will cover in the class: Functions of a camera; Compositional rules & Basics of lighting

Date: November 8th and November 15th (Monday)
Time: 6:30pm - 8:30pm
Location: Bingham Hall
Cost: \$60.00

4) **Diane Guidone: Designing Small Gardens**

Join Diane Guidone, an award-winning Landscape Designer for her presentation on designing smaller garden spaces. Initially, the concepts of design and how they relate to small gardens will be reviewed. In particular plot assessment, the use of line and shape, illusion, definition and pattern, proportions, sweeping curves, strong straight lines and, finally, focal points will be examined. This will then be followed by a discussion of the use of plants to achieve different styles. Diane has been designing garden spaces for over 10 years, both in Europe and the United States. She received her formal training in horticulture and garden design from The English Gardening School at the Chelsea Physic Garden in London, England. Diane has won several awards for her designs many of which have been featured in both digital and print media.

Date: Monday December 13th
Time: 7:30 PM
Location: Bingham Hall
Cost: \$10.00

5) **Rumson "Green Day"** Bring all your unused computers electronic parts and confidential documents to be recycled or shredded to the first Rumson Computer Recycling, Shredding and Green Day. While you are dropping off your old computers, shredding documents stop and have a cup of coffee and hear experts discuss ways to make your home more energy efficient. Learn how to design a Rain Garden in your own back yard and learn lots of helpful ways to make your own more energy efficient.

Date: Saturday, October 2nd, 2010

Time: 9:00 AM-12 Noon

Location: Borough Hall (Callman Court Room) and Recycling Area

Cost: FREE

6) **Jen Huesman: Running your first 5k race.**

Fall Running Class - Train for a 5k race!

Class every Tuesday 2-3pm at Meadowridge Park beginning October 5th through November 23rd

Race: Navesink Challenge on November 28th!

Cost: \$100 pp - includes 8 training sessions and race fee

Class size is limited.

7) **Marie Jackson: Gingerbread House Workshop**

Marie Jackson, three-time James Beard nominee and owner of The Flaky Tart, will conduct this fun and tasty workshop. The workshop will be open to parents and children alike. It will be a one time 2-hour course with a flat fee to cover materials.

Date: Saturday, December 4, 2010

Time: 4:00pm - 6:00pm

Location: Bingham Hall

Cost: \$60

8) **Sandy Henning: Gardens Before and After**

Sandy Henning a well recognized local landscape designer will show you how landscaping can transform your home and add value. Sandy's personal goal is for a garden to be attractive when it is first planted

but also for it to function as a work in progress as it grows and matures.

Sandy grew up surrounded by native mountain laurel and dogwoods in Monmouth Hills - a horticultural treasure of the Jersey Shore. After earning a B.A. in 1970, Sandy worked for Peter Dunlop, Inc. at Horticulture House in NYC designing and installing penthouse gardens. In 1975, she received her landscape design degree from the New York Botanical Garden. From 1975-1986 she designed gardens for Landscape Architect Lee Baronio. Her gardens have been featured in Architectural Digest, Westchester Magazine, House and Garden, and NJ Design. In 1986, Sandy (with her husband Bill and two children), moved back to Monmouth County and started her own landscape design business, Sandy Henning Gardens. For ten years she wrote the weekly garden column for The Two River Times. Her

gardens have been featured on the Two Rivers Garden Tour and at the Scotchhigh and Sheepsrun Showhouses.

Date: Tuesday, November 9th

Time: 7:30 PM

Location: Bingham Hall

Cost: \$10.00

9) Lisa Walsh: Bridge Lessons

The goal of the class is to take students from absolute beginners to confident players. The course will include nine lessons based on five major card openings.

Date: Wednesday September 22 -November 17

Time: 1:00-3:00pm

Location: Bingham Hall

Cost: \$125.00 plus the cost of textbook (\$25.00)

Text Book: Bidding in the 21st Century

EVENINGS WITH RUMSON RESIDENTS REGISTRATION 2010

Sponsored by the Rumson Recreation Commission

Name _____

Address _____

Telephone _____

E-Mail Address _____

Signature _____

Programs I would like to participate in:

☐ KRISTIN GOULD: HATHA YOGA \$75 PER SESSION
(SESSION I ☐) (SESSION II ☐)

☐ ANN ROSSBACH: GETTING YOUR CHILD READY FOR COLLEGE \$15.00

☐ AVERY BRIGHTON: PHOTOGRAPHY BASICS \$75.00

☐ DIANE GUIDONE: DESIGNING SMALL GARDENS \$10.00

☐ Rumson "Green Day " RECYCLING & ENERGY TIPS FOR YOUR HOME

☐ JEN HUESMAN: RUNNING YOUR FIRST 5K. \$100.00

[] MARIE JACKSON: GINGERBREAD HOUSE WORKSHOP \$60.00

[] SANDY HENNING: GARDENS BEFORE AND AFTER \$10.00

[] LISA WALSH: BRIDGE LESSONS \$125.00

Amount Enclosed \$ _____

All checks payable to Rumson Recreation

Please return completed form to:

Rumson Recreation
Rumson Borough Hall
80 East River Road
Rumson, NJ 07760

For more information please call John Hird 732-842-3300